

by ts3414 via cheatography.com/195341/cs/44522/

Cognitive Behavioral Therapy		Cognitive Behavioral Therapy		Cognitive Behavioral Therapy		Existential Therapy Questions	
CBT question:	Purpose	(cont)		(cont)		(cont)	
what specific thoughts were you having at that moment?	identifying automatic thoughts	generalizing this to other areas of your	identifying cognitive distortions - all or nothing	in what situations is this belief most and least accurate?	contextua- lizing the belief	How do you cope with feelings of loneliness or	Unders- tanding responses to existential
how did that thought make you feel about yourself?	exploring emotional impact	what's the worst case	thinking anxiety reduction w through problem solving	how would you feel without this belief?	exploring emotional impact of change recognizing reinforcing behaviors motivating positive future	isolation? What are your thoughts on the inevitable nature of death?	isolation Addressing mortality and death anxiety
on a scale of 1-10, how much do you believe that	assessing belief strengths	scenario? how would you cope?		do any actions reinforce this			
thought?	onongalo	holding this probelief benefit ma	exploring pros/cons of maintaining the thought	belief?		How do you define a life well-lived?	Exploring personal philosophies of fulfillment
what evidence supports/refutes this belief?	encour- aging critical thinking			how might changing this belief alter future			
triis belier?		what advice	gaining an objective perspective	decisions?	changes	What stands	Identifying
have you ever had a situation where that belief was	challe- nging thought	would you give a friend with this		Cognitive Behavioral Theory basis		between you and living authentically?	barriers to authenticity
wrong? how might someone who loves	patterns shifting perspe-	what would you like to think instead?	encouraging healthier thinking	emphasizes the connection between our thoughts behaviors and feelings aims to identify and challenge negative thought patterns		How do you grapple with life's uncertainties?	Coping with ambiguity and unpredictability
you challenge that thought?	ctive	are there behaviors based on this belief?	linking thoughts to behaviors			Where do you	Identifying
if you believed the opposite, how might your behavior change?	consid- based on this ering			Existential Therapy ET Questions:	Questions Purpose	find hope when confronted with challenges?	sources of motivation during
		does this	evaluating	what gives your	exploring	What experiences make you feel most	hardship Exploring moments of deep
		with your core	belief alignment with values	life meaning and purpose?	personal meaning and value		
		identifying triggers and	How do you relate to the idea of	Reflecting on		engagement and vitality	
			patterns	freedom in your life?	autonomy and choice	How does the idea of choice	Reflecting on the power of personal
				What personal	Examining	influence your decisions?	decisions



Not published yet. Last updated 7th October, 2024. Page 1 of 5.

responsibilities do

you often ponder

about?

individual

responsib-

ility



by ts3414 via cheatography.com/195341/cs/44522/

Existential	Therapy Questions
(cont)	

When do you Exploring feel most feelings of connected/disconnected alienation from the world?

What existential fears or
anxieties do
you often
contemplate?

Addressing
existential
concerns

How do you Undersderive meaning tanding the
from your relationships? role of relationships in
meaning-making

Do you feel Reflecting on trapped by societal societal norms pressures and or expect- personal ations?

What legacy or Exploring impact do you ideas of hope to leave? legacy and contribution

How do you Reflecting on view your personal journey of self-discovery and growth?

Do you Examining question your self-worth and significance or existential worth? doubt

Existential Therapy Questions (cont)

Processing

How do you

reconcile with regret and past regrets or missed opportunities?

What beliefs Exploring guide you when navigating life's principles in complexities?

Existential Therapy

dives into life's fundamental questions, such as the meaning of life, freedom and responsibility, isolation, and mortality.

aims to help individuals confront these existential concerns, find purpose, and lead a life that feels authentic

Psychodynamic

Psychodynamic Purpose Therapy Questions exploring can you recall an early memory links that this current between situation reminds past and you of? present how did you feel examining in your family family growing up? dynamics and emotional develo-

Psychodynamic (cont)

do you notice identifying any patterns in repetitive the types of relationship relationships patterns you form? how does this drawing relationship parallels between past compare to ones in your and current past? relationships what did you uncovering learn about learned trust, love and beliefs about conflict as a relationships child? accessing can you childhood remember a time when you emotions felt similarly as linked to a kid? current experiences how do you understanding think your how early childhood experiences shapes your impact current present

reactions? behavior what role did exploring you feel you identity played in your formation family growing within family dynamics uncovering do you recall any recurring unconscious dreams from material

through

dreams

the past or

present?

Psychodynamic (cont)

in what ways identifying might you be cyclical repeating behaviors behaviors from rooted in the earlier life? past what thoughts processing arise when you unresolved think about feelings [specific past related to the event/person]? past how did your exploring family handle emotional emotions like regulation and family anger or sadness? emotional dynamics how might this connecting issue have roots past experiin a past ences with experience or present relationship? issues do certain investigating situations make regression you feel and younger or take emotional you back to a responses past time? what hopes or uncovering fears from your lingering childhood might childhood still be influeanxieties or desires ncing you?



By **ts3414** cheatography.com/ts3414/

Not published yet. Last updated 7th October, 2024. Page 2 of 5.

pment



by ts3414 via cheatography.com/195341/cs/44522/

Psychodynamic (cont)		Family Therapy		Family Therapy (cont)		Family Therapy (cont)	
were there any family secrets or unspoken rules you felt growing up?	exploring family dynamics and hidden influences	FT questions: how would you describe your role within the family?	Purpose exploring family roles and dynamics	how do you handle disagr- eements or conflicts?	exploring conflict resolution within the family	what hopes or dreams do you have for your family's future?	exploring future aspirations for the family
how would your younger self react to your current situation?	reflecting on childhood perspectives in the present	can you share a recent event where you felt connected as a family?	identifying positive family experi- ences	how has your family dealt with challenges or crises?	exploring coping mechanisms during difficult times	in what ways do you feel herd or unheard? how can each family member contribute to harmony? Family Therapy Th	addressing commun- ication gaps fostering responsib-
what would you want to ask your caregivers if they were here now?	processing unresolved issues or commun- ication with	are there patterns in family interactions?	highlighting recurring behaviors and commun- ication styles	how do you show love or appreciation to each other?	unders- tanding emotional expression within the		ility for positive change
how have past losses or traumas influenced your	examining the impact of trauma or loss on	how do you usually respond when [specific family situat- ion]?	examining individual responses to family dynamics	what traditions or routines are important to your family?	family highlighting meaningful family rituals	revolves around ur and improving the familial relationship recognizes the fam unique system who	dynamics of os
emotional contained to the contained to	current coping reflecting on personal development and growth	what changes would you like to see in family dynamics?	setting goals for improved relationships	how would you like to feel in family intera- ctions?	identifying emotional needs in family	member plays a ro actions affect every goals often extend helping a single ind	le and their yone beyond
		how do you feel when [family member] does [action]?	unders- tanding emotional reactions to	what do you wish your family members	dynamics encouraging empathy and deeper	raging aims to bring harmony ur tanding and positive char the entire family unit	ony unders- re change to
	Psychodynamic Theory belief that our early experiences, especially with caregivers shape how we see the world and relate to others		family behaviors	understood about you?	unders- tanding	Foundational Ques	
how we see the w			identifying effective commun-	how does the family support members	examining support systems	can you tell me a bit more about your daily routine?	
by digging into these memories and feelings, often stored deep in our subconscious we can unveil patterns and heal old wounds		icate best?	ication patterns	during tough times?	within the family	what are some hob activities you enjoy	
		are there any topics that feel off limits?	addressing barriers to open communication	are outside influences affecting the family dynamic?	assessing external pressures impacting the family	who are the primar your life right now? can you tell me a b family history?)



By **ts3414** cheatography.com/ts3414/

Not published yet. Last updated 7th October, 2024. Page 3 of 5.



by ts3414 via cheatography.com/195341/cs/44522/

Intervention list for notes	Interpersonal Insights (cont)		Interpersonal Insights (cont)		Interpersonal Insights (cont)	
cognitive challenging cognitive refocusing cognitive reframing communication skills	can you describe a recent situation where you felt unsupported?	identifying unmet emotional needs	how do mood changes influence interactions?	examining the effects of emotions on relationships	are there times when you feel isolated from loved ones?	identifying feelings of emotional distance or
compliance issues DBT exploration of coping patterns exploration	how do you handle conflicts or disagreements? how do you seek	exploring conflict resolution strategies unders-	is there a strained relati- onship right now?	focusing on resolving current relational tension	what steps do you take to mend or strengthen	isolation fostering active efforts in relati- onship
emotions exploration relationship patterns guided imagery interactive feedback	support when you are feeling down? have recent	tanding support seeking behaviors analyzing external influences on relati- onships reflecting on the emotional impact of interactions	how do you cope when someone close is going through a tough time?	understanding emotional support in difficult times	Interpersonal Theory IPT Interpersonal therapy shines a light on the intricate web of our	
interpersonal resolutions mindfulness training preventative services psycho education	events changed the dynamics of your relations- hips? how do you feel after interactions with specific people?		what expect- ations do others have of you?	examining perceived social expect- ations	relationships, understanding how they impact our mental well-being and vice versa. addressing and refining the interpersonal dynamics, in	our mental ce versa. By efining these
relaxation/deep breathing review of tx plan role play behavioral rehearsal			are unresolved feelings from past relationships affecting the present? how do you react when you feel misunderstood? do you feel like your genuine self around others? how do	exploring the impact of past experiences on current relationships relfecting on communication and emotional priorities assessing authenticity in relationships analyzing how external factors affect interpersonal dynamics	duals can often find relief from emotional distress and forge stronger, more fulfilling connec- tions	
structured problem solving supportive reflection symptom management	is there a give and take in your relationships?	assessing reciprocity in relati- onships			Potential Questions for initial session can you share what brings you here today? have you had any prior experience with therapy? what do you hope to gain from our sessions? can you tell me a bit about your current living situation and relationships? how would you describe your mood or feelings over the past few weeks?	
Interpersonal Insights Interpersonal Purpose Insights	how would you describe your role in your group?	ribe your identity in your within social				
Questions: how do you assessing currently feel current in your relatient emotional	are there patterns you would like to change?	identifying problematic interp- ersonal patterns				
onships? states in relationships			external stresses impact your relationships?			



By **ts3414** cheatography.com/ts3414/

Not published yet. Last updated 7th October, 2024. Page 4 of 5.



questions Cheat Sheet by ts3414 via cheatography.com/195341/cs/44522/

Potential Questions for initial session (cont)

are there specific events or experiences that have significantly impacted your life?

how do you usually cope with stress or challenges?

are there any immediate concerns or crises you are currently facing?

what are your strengths or things you are proud of?

how do you feel about starting therapy?



By **ts3414** cheatography.com/ts3414/

Not published yet. Last updated 7th October, 2024. Page 5 of 5.